

RECREATIONAL SWIM SCHEDULE

All are subject to change.



Adult/Lap Swim

This is an opportunity for swimmers to train and exercise. Our lifeguarding staff make every effort to manage the lap lanes and group swimmers of varying abilities and workout needs. We require circle swimming in lanes with 3 or more swimmers. We have no minimum age requirement for attending lap swims, although, participants must truly be swimming laps.

M - F.....6:00 -7:30 am
M - Sa.....12:00 -1:00 pm
M - Th.....8:00 - 9:00 pm



Public Swim

This is a time for kids and families to practice their swimming skills, or just have fun. Children wishing to swim in deep water must pass a swim test. All children under six (6) years of age or less than 48" in height must be accompanied in the water and directly supervised by an adult at all times.

M - Sa.....1:00 - 2:00 pm
M - Sa.....2:00 - 3:00 pm
T, Th, \$1.00.....7:00 - 8:00 pm
M, W.....7:00 - 8:00 pm
F.....7:00 - 9:00 pm

Gift Certificate

Give the gift of health, fitness and fun! Gift certificates may be purchased for any program in any amount.

PRIVATE LESSONS

Need extra help on a specific skill or more individual attention? Ask about our private and semi private lessons.

SWIM LESSON INFORMATION

We are proud to offer the American Red Cross Learn to Swim Program at the Tahoma Pool. The Red Cross is the national leader in aquatics training. Our instructors average 30 hours of training in learning theory and skill development in addition to their training in lifeguarding, first aid, and CPR. Many of our instructors learned to swim at this pool themselves and have gone through our instructor aide program prior to becoming staff members at this pool. You can trust the 90-year history of the American Red Cross and the commitment to excellence of King County Parks employees.



Daily swimming lessons will run from 8:00 am - 12:00pm every 1/2 hour. Monday/Wednesday and Tuesday/Thursday lessons will run from 3:00 - 7:00pm every 1/2 hour.

Daily	Mon/Wed	Tues/Thurs
Jun. 23- Jul. 2	Jun. 21 - Jul. 21	Jun. 22- Jul. 22
Jul. 5- Jul. 16	Jul. 26 - Aug. 25	Jul. 27- Aug. 26
Jul. 19 - Jul. 30		
Aug 2 - Aug 13		
Aug 16 - Aug. 27		

Registration begins up to three months before the start of the class.



WATER EXERCISE

Deep Water Exercise. Our Deep Water Exercise class gives one of the greatest aerobic and toning workouts available with absolutely no impact to the body's joints. Workouts during this drop-in class include the use of Hydro-Fit equipment supplied by the pool. See prices on the back.

T, Th (Shallow).....7:00 - 8:00 am
M - F(Deep).....9:00 - 10:00 am
T,Th (Deep)8:00 - 9:00 pm

POOL RENTALS

Pool Rentals are great for birthdays, church groups, and scout groups. Groups receive exclusive use of the pool, with lifeguards. Rentals are available **Saturdays, from 3 -7pm**. We can customize your party to make it an unforgettable occasion. Along with exclusive use of the pool, you can choose the extras you desire, such as a private party room, Octopus (big toy), Water Walkway (small toy), or our Ultimate Party Packages. Party pricing is dependant on the options you choose to make this a memorable day. Call 206-296-4276 to plan your party and waves of fun for everyone!

Pool Rental Fees:

Size of Group	Fee Per Hour
1 - 25	\$90.00
26 - 60	\$120.00
61 - 90	\$150.00
91 - 120	\$187.50
121+	\$225.00
If Available -	
Small Aquatic Toy.....	\$24.00
Large Aquatic Toy.....	\$40.00
Party Room.....	\$45.00
Ultimate Party Packages	\$40.00
(Includes 10 party bags)	
Additional Party Bags.....	\$6.00 ea



Drop-In Swim Training

Is there a triathlon in your future? "Focus on your weakness in training, exploit your strengths in competition." This popular class focuses on open water swimming technique. Learn how to conserve your legs for your bike and run using balanced swimming and spotting strategies. Participants need to be able to swim a minimum of 15 minutes without stopping. Mondays, 8:00 - 9:00 pm. \$6.80

Drop- In Adult Lessons

This is a great class for those who want more individual attention with their strokes or are not quite ready to do a 15-minute swim in the Drop-In Training class. Wednesdays, 8:00 - 9:00 pm. \$6.80

FLOAT IN MOVIE

Come to the pool and enjoy a movie presentation while you swim. Bring your favorite inflatable toy or lifejacket and enjoy this popular special event with the overhead lights turned off and underwater lights turned on. You can now avoid the long lines by buying tickets in advance. Ask our cashiers about **PoolDango**.

Movie: The Sandlot

Date: June 19

Time: 7:30 - 9:30pm

Cost: \$4.25

Movie: Shrek

Date: July 17

Time: 7:30 - 9:30pm

Cost: \$4.25

Movie: Toy Story

Date: August 21

Time: 7:30 - 9:30pm

Cost: \$4.25

POOL PASSES

Save money while you swim! Check with a staff member to determine how much you can save. Passes make great gifts and are good at all King County Parks Swimming Pools!

	3 Months	1 Year
Youth	\$107.25+tax	\$312.00 + tax
Adult	\$156.75+tax	\$456.00 + tax
Senior	\$ 97.50+tax	\$273.00 + tax
Disabled	\$ 82.50+tax	\$240.00 + tax
Family	\$250.00+tax	\$624.00 + tax

Special Promotion

Summer Swim Passes

Purchase an Annual or 3 month Summer Swim Pass and receive free individual or family movie tickets for Sandlot, Shrek, and Toy Story.

SWIMMING POOL FEES

General Admission Fees (per hour)

Public Swim

Youth.....	\$3.25
Adult.....	\$3.25
Senior.....	\$3.25
Person with Disability.....	\$2.50

Family Swim

Youth.....	\$3.25
Adult.....	\$3.25
Senior.....	\$3.25
Person with Disability.....	\$2.50

Adult/Lap Swim

Youth.....	\$4.75
Adult.....	\$4.75
Senior.....	\$3.25
Person with Disability.....	\$3.25

Promotional Swim.....\$1.00

Shower Only.....\$3.25

WATER EXERCISE INSTRUCTION

1-hour

Adults	\$6.25
Seniors	\$4.75
Adult Card	\$58.50
Senior Card	\$40.00

RESALE ITEMS

Goggles.....	\$6.00
Caps.....	\$3.00
Reusable Swim Diapers.....	\$10.00
Disposable Swim Diapers.....	\$1.00
Water Resistant Gloves (Wave Webs).....	\$20.00
Ultra Swim Shampoo.....	\$7.00
Ultra Swim Shampoo.....	\$7.00
Sample Size Shampoo or Conditioner.....	\$1.00



King County Tahoma Pool

18230 SE 240 St.

Kent, WA 98042

Phone: (206) 296-4276

Summer Schedule

June 20 - August 28, 2004

We will be closed:

Independence Day, July 4, 2004

Labor Day Weekend, Sept. 4 - 6, 2004

